

## Rst Beef Sandwich (cold)10

Number of Servings: 10 (220.47 g per serving)

Amount	Measure	Ingredient
1 1/4	lb	Beef, bottom round roast, lean, rstd, selec
20.00	ea	Lettuce, green leaf, fresh, inner leaf
40.00	pce	Tomatoes, red, fresh, year round avg, mex
5.00	oz	Cheese Product, Swiss, past, proc, slice
1/3	cup	Dressing, Miracle Whip
20.00	pce	Bread, whole grain, slice

### Nutrients per serving

Nutrition Facts	
Serving Size (220g)	
Servings Per Container	
Amount Per Serving	
Calories 310	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 500mg	21%
Total Carbohydrate 28g	9%
Dietary Fiber 5g	20%
Sugars 7g	
Protein 27g	
Vitamin A 30%	Vitamin C 20%
Calcium 25%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

### Instructions

Spread 1 tsp Miracle Whip on each slice of bread. Place 1/2 oz swiss cheese on half the slices of bread, Place 2 lettuce leaves, 4 1/4" tomato slices and 2 oz roast beef on top of the cheese. Top with the remaining slices of bread with the Miracle Whip inside the sandwiches. Cut in half and serve one whole sandwich per person.

Serving = 1 whole Sandwich = 2 CS

#### Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.

#### Holding :

- Hold for cold service at an internal temperature of 41 F or lower.

#### Storing :

- Store refrigerated at an internal temperature of 38 - 40 F.